



Serves: 4

Rice Pudding Served With Yoghurt Sauce

Ingredients

Rice Pudding:

- 600g of cooked mixed or brown rice*
- 1L of milk*
- 80g of fine sugar
- 150g of orange peel, finely chopped
- 100g of raisins
- 60g of dried cranberries

Yoghurt Sauce:

- 150g of fruit-based low-fat yoghurt*
- 2 tbsp honey

Method

- Soak raisins and cranberries till soft.
- Bring milk and sugar to a boil.
- Mix in the cooked rice, orange peel, soaked raisins and cranberries.
- Stir continuously until it reaches a porridge or oatmeal-like consistency.
- To make the sauce, combine the yoghurt and honey.
- Ladle the rice pudding into a bowl and add the sauce on top.
- Garnish with fruit and serve.



*Choose products with the Healthier Choice Symbol.